



Local Advice Hub @ Crieff Health Centre NOVEMBER 2024



Sessions are drop-in but if you prefer an appointment time, please phone the number detailed for the agency you wish to connect with
 (In case of last minute changes it is beneficial to phone the agency first) or contact Shona 07896 280843 shona.fowler@nhs.scot

Thu 7 th	10am - 12noon Mindspace Info on supporting mental wellbeing. 01738 639657 2pm - 4.30pm VOICEABILITY free advocacy regarding benefits and supporting people to be heard in decisions about their health, care & wellbeing. For all benefits under social security Scotland ages up to 66 07918 560891
Mon 11 th	1.30pm – 3.30pm Heather Nancollis Social Prescriber - Community Connecting/Signposting 07775 701836
Thu 14 th	1.30pm – 3.30pm CATH will support with form filling – PIP, Universal Credit etc 07955333163
Fri 15 th	PKC Trading Standards, Scam Awareness 1pm – 3pm Melanie will give advice and information on avoiding scams and dealing with cold callers. 07557 214420
Mon 18 th	10am – 12.30pm PKC Employment Support Team Job advice and help for those who have learning disability, acquired brain injury, mental health issues or autistic spectrum diagnosis, physical disability and sensory loss 07442 934454
Thu 21 st	10am - 12.30pm PKC Skills & Employment offers support & advice re CVs, Job search, support after redundancy etc. 07867 351268
Thur 28 th	10am - 12noon Craig from the Heat Project will be here providing a free energy advice to households, helping them become more energy efficient and reducing energy bills.